



Delaware Emergency Management Agency

Course Description

COURSE CODE/TITLE	Self-Care & Compassion Conversations on Wellness		\$0.00
COURSE LOCATION	Virtual		
COURSE DATES	June 22, July 20, or August 24, 2021 (You only need to choose one date as these are separate course dates)	COURSE TIME	12pm-1pm
COURSE DESCRIPTION	Discussion around the necessity of giving yourself space to take care of yourself		
COURSE OBJECTIVES	<ul style="list-style-type: none"> • Learn to recognize signs of stress in self and others • Learn COVID and work adjustments • Strategies for self-care and self-compassion • Recognize warning signs of mental health concerns • Learn local and national resources 		
PREREQUISITES	NONE		
TARGET AUDIENCE	Delaware K-12 school staff, teachers, and administrators.		
OPEN TO THE PUBLIC	No. Delaware K-12 Schools <u>only</u> (K-12 school email MUST BE USED to register)		
COST/MEALS	The training and course materials are provided at no cost to Delaware K-12 institutions. Funding for travel, accommodations, and meals are not provided for this training opportunity.		

All classes have limited seats. Registrations will be processed on a first come/first served basis. If you have any questions please e-mail training.dema@delaware.gov